

Isolation Tracker

COUNTING THE DAYS						
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Positive Test or Start of Symptoms	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	Leave Isolation*	

For isolation: a positive test or start of symptoms is Day 0, then count 10 days. On Day 11, you are released from isolation and can return to school, work etc.

*This chart is meant for reference purposes only. Our contact tracing team may recommend a different isolation period based on individual circumstances.